COVID-19 Clinical Provider Resources

Idaho-Specific Resources

- **Idaho Department of Health and Welfare Public Health District Information** – A list of contact information for all of Idaho’s public health districts.
- **Order PPE through the Idaho Office of Emergency Management** – Online PPE ordering
- **Idaho Medical Association** – Coronavirus resources for physicians
- **COVID-19 in Idaho** – Idaho official resource for the novel Coronavirus
- **Idaho Board of Pharmacy FAQ for COVID-19 Declaration of Emergency** – An ongoing FAQ list collated by the Idaho Board of Pharmacy
- **Idaho State Board of Medicine Proclamation** – A proclamation stating that the Idaho Board of Medicine will issue temporary licenses to retired and inactive physicians, physician assistants, and respiratory therapists who have actively practiced within the last 5 years and have held a license to practice in good standing from Idaho or another state at the time of retirement or inactivity
- **Guidance for Residential Assisted Living Facilities** – Guidance from the Idaho Department of Health and Welfare
- **Letter to Long-Term Care Facilities Regarding Clusters of Respiratory Illness** – Guidance from the Idaho Department of Health and Welfare on reducing risk of respiratory illness clusters and outbreaks
- **Idaho State Board of Pharmacy Temporary Rule 704** – Medication limits to address the issue of stockpiling chloroquine or hydroxychloroquine
- **Idaho Physician Orders for Scope of Treatment (POST)** – This form is designed for persons with advanced chronic, progressive and/or end-stage illness
  - If you have Medicaid questions, reach out to Medicaid Director, Magni Hamso, at magni.hamso@dhw.idaho.gov
- **Guidelines for Opening Up Idaho** – Criteria that must be met before Idaho advances to the next stage of reopening
- **COVID-19 Medicaid Updates** – Idaho Medicaid issues Information Releases (IR) to providers to update them on policy, billing, and/or processing changes. They are listed numerically with the newest at the top
  - If you have Medicaid questions, reach out to Medicaid Director, Magni Hamso, at magni.hamso@dhw.idaho.gov
- **Twin Falls Manor** – Specialized assisted living care for those impacted by COVID-19
• North Idaho Palliative Care Coalition – Advance directives information from the Northwest Hospital Alliance

Volunteer Opportunities

• SURGE Volunteer Sheet – A volunteer sheet for health professionals interested in volunteering with St. Alphonsus
• Find My Medical Reserve Corps – Idaho is divided into 7 Medical Reserve Corps Units (MRC). Use this website to find the appropriate Medical Reserve Corps volunteer registry for your area
  o Contact information for the MRC coordinator in your district.

Clinical Trials

• ClinicalTrials.gov - COVID-19 registered trials can be found here
  o The trial mentioned in the NIH article on hydroxychloroquine is identifier NCT04332991
• Post-exposure Prophylaxis or Preemptive Treatment for Coronavirus - The University of Minnesota is conducting a research study to determine if taking a medication called hydroxychloroquine can help in preventing or treating COVID-19 disease

Calculators and Evaluators

• Evaluating and Testing Persons for COVID-19 – CDC criteria to guide evaluation and laboratory testing for COVID-19
• PSI/PORT Score – Pneumonia Severity Index for community-acquired pneumonia

Websites

• American Medical Association – AMA resource center for physicians
• Centers for Disease Control – Information for health care providers and the community
  o Specific to PPE (respirators and masks): https://www.cdc.gov/niosh/docs/96-101/default.html
• World Health Organization – Coronavirus disease outbreak information
• Virginia Commonwealth University – General COVID-19 updates from VCU Health
• Johns Hopkins University – Up-to-date statistics from JHU
• Center for Infectious Disease Research and Policy – Information for public health experts, business preparedness leaders, government officials, and the public
• American Society of Health-System Pharmacists – COVID-19 resources for pharmacists
• Assessment of Evidence for COVID-19 Related Treatments - ASHP provides this evidence table to help practitioners better understand current approaches related to treatment and care

Articles

• SARS-CoV2: What Do We Know So Far? – An article by Dr. Pratik Hemant Khedkar and Professor Andreas Patzak
• **COVID-19 in a Paucisymptomatic Patient** – An article on the epidemiological and clinical challenge in settings with limited community transmission (Italy, February 2020)

• **LitCOVID** – A curated literature hub for tracking up-to-date scientific information about the novel Coronavirus

• **Clinical Management of Severe Acute Respiratory Infection (SARI) when COVID-19 Disease is Suspected** – Interim guidance from the World Health Organization

• **Factors Associated with Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019** – An article discussing health care workers’ potential psychological stress if they have been exposed to COVID-19

• **International Pulmonologist’s Consensus on COVID-19** – An article discussing mode of transmission, epidemiology, clinical features, diagnostic modalities, treatment, prevention, and frequently asked questions

**Checklists, Toolkits, and Handbooks**

• **COVID-19 Preparedness Checklist for Nursing Homes** - This checklist from the CDC should be used as one tool in developing a comprehensive COVID-19 response plan

• **Communications Triage Kit** – A coronavirus communications triage kit from The Communications Network

• **Handbook of COVID-19 Prevention and Treatment** – from the First Affiliated Hospital, Zhejiang University School of Medicine

• **ICU Preparedness Checklist** – from the Society of Critical Care Medicine

• **Household Checklist** – A family planning checklist from the CDC

• **Being Prepared in the Time of COVID** - Three important things each of us can do, right now, to be prepared

• **Center to Advance Palliative Care Response Resources** – CAPC provides free resources on resilience, communication scripts, palliative care team tools, and more

• **Proactive COVID-Specific Advance Care Planning Discussions** – A guide for leading an advance care planning discussion for a patient who is at high risk of a poor outcome in the setting of COVID

**Videos**

• **Patient Intubation** – An instructional patient intubation video by Dr. Benjamin Cornett

**CME Opportunities**

• **Novel Coronavirus Education Resources** – A list of accredited continuing education activities and additional resources that can help providers respond to COVID-19

• **Mayo Clinic Talks COVID-19** – A mini-series podcast put on by Mayo Clinic

• **University of Washington Tele-Antimicrobial Stewardship Program** – Resources and CME opportunities through the University of Washington

• **MD+ Calc** – Free CMEs as a thank you for being on the front lines
Masks

- **Strategies to Optimize the Supply of PPE and Equipment** - CDC’s optimization strategies for PPE offer options for use when PPE supplies are stressed, running low, or absent
- **Masks Reduce Exposure to Respiratory Infections Among the General Population** – An article that finds any type of general mask use is likely to decrease viral exposure and infection risk on a population level, in spite of imperfect fit and imperfect adherence, personal respirators providing most protection
- **Testing the Efficacy of Homemade Masks** – An article that finds that a homemade mask should only be considered as a last resort to prevent droplet transmission from infected individuals, but it would be better than no protection

Provider Self-Care

- **Self-Care for Helpers** – A Behavioral Health ECHO session on self-care for helpers presented by Jeremy Stockett, LCSW, on March 20, 2019
- **Coping for Health Care Workers during COVID-19** – A slide deck from Jennifer Dougall, PhD, with Northeast Ohio Medical University
- **Resources to Support the Health and Well-Being of Clinicians during the COVID-19 Outbreak** – Resources from the National Academy of Medicine
- **Emergency Responders: Tips for Taking Care of Yourself** – Information from the CDC
- **Understanding Compassion Fatigue** – This fact sheet explains the causes and signs of compassion fatigue, offers self-care tips for coping, and discusses compassion satisfaction
- **Preventing and Managing Stress** – This fact sheet provides tips to help disaster response workers prevent and manage stress while on assignment
- **Humor and Resilience** – Information on using humor to build resilience from Dr. Abhilash Desai
- **FACE COVID** - A set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT)
- **National Academy of Medicine** – Strategies to support the health and well-being of clinicians during the COVID-19 outbreak
- **Coronavirus Anxiety Workbook** – A tool to help build resilience during difficult times
- **COVID-19 Tips Part 1 (for patients) and Part 2 (for providers)** – Tips for coping with the COVID-19 pandemic by Amy Walters, PhD at St. Luke’s Humphrey’s Diabetes Center
- **Kindness Poem** – A poem by Naomi Shihab Nye

Apps for Self-Care

- **Headspace** – Headspace, a guided meditation app, is offering all US healthcare professionals who work in public health settings free access to Headspace Plus through 2020
- **Moodgym** – Similar to an interactive self-help book which helps to learn and practice skills to prevent and manage symptoms of depression and anxiety
- **Insight Timer** – A large, free library of guided meditations
- **Sanvello** (formerly Pacifica) – On-demand help for stress, anxiety, and depression
- **Calm** – An app for sleep, meditation, and relaxation
- **Buddhify** – A meditation and mindfulness app designed to fit busy lifestyles
• **Stop, Breathe, & Think** – A friendly app to guide people through meditations for mindfulness and compassion

### Perinatal Considerations

- [pregnancycovid19.com](https://pregnancycovid19.com) - Information hub containing handbooks, toolkits, and additional resources for medical professionals to understand and address concerns about COVID-19 among pregnant women
- [American College of Obstetricians and Gynecologists COVID-19 Information](https://www.acog.org) - Latest practice guidance: Advisory on Novel Coronavirus 2019 (COVID-19) including an algorithm to aid in assessment and management of pregnant patients with suspected or confirmed COVID-19
- [Society for Maternal Fetal Medicine COVID-19 Guidance](https://www.smfm.org) – Up-to-date guides and webinars containing information about caring for pregnant women for maternal-fetal medicine practitioners
- [CDC on Breastfeeding](https://www.cdc.gov) - If a patient is breastfeeding and has symptoms of or confirmed COVID-19, here are steps they can take to avoid spreading the virus to their baby
- [PRIORITY](https://www.pRIORITYstudy.org) - Pregnancy CoRonavirus Outcomes RegIsTrY (PRIORITY) is a nationwide study of pregnant or recently pregnant women who are either under investigation for Coronavirus infection (COVID-19) or have been confirmed to have COVID-19

### Pediatric Considerations

- [Talking to Children](https://www.cdc.gov) – Guidance for parents in talking to children about coronavirus
- [Child-Centered Play Therapy](https://www.ucsf.edu) – Information on child-centered play therapy and telehealth
- [Coronavirus Coloring Book](https://www.stjude.org) – A coloring book from St. Jude’s to help children understand COVID
- [My Hero is You (Spanish version)](https://www.stjude.org) – A storybook to teach children how they can fight COVID
- [Why Do I Have to Stay Home?](https://www.cdc.gov) – A social narrative for children
- [The Story of the Oyster and The Butterfly](https://www.cdc.gov) – A book to explain COVID to children
- [Resources for ASD and Intellectual Disability](https://www.cdc.gov) – A collection for resources for children with ASD and/or intellectual disabilities
- [Resources for Pediatric Considerations](https://www.cdc.gov) – A list of pediatric resources